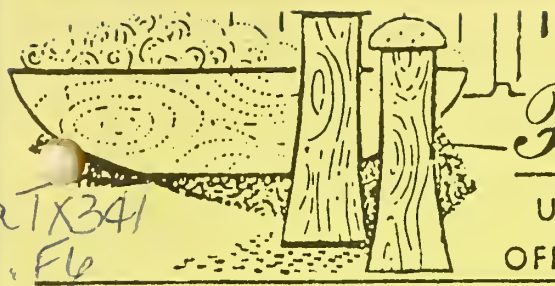


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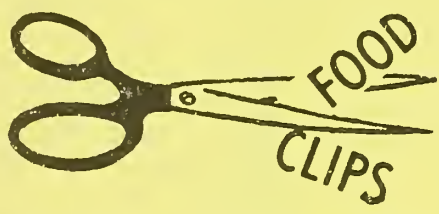
# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Brown sugar not only imparts its own distinctive flavor to bakery products but it helps to keep it moist according to U.S. Department of Agriculture home economists.

\* \*

What's the difference between "dough" and "batter"? Any mixture thick enough to be rolled or kneaded is called a dough. A mixture that is thin enough to be poured or dropped from a spoon is known as a batter.

\* \*

Double-acting baking powder reacts and produces gas bubbles twice - first during mixing and again during baking.

\* \*

Quick-acting baking powder (cream of tartar type) reacts to form gas bubbles only once -- as soon as the batter is mixed...so it needs to be used right away to be effective. It is the expansion of the gas bubbles during baking that makes the produce rise.

\* \*

## METRIC CONVERSION

### — AND, YOUR COMMENTS

What do you think? Should metric units of measurement be used on meat and poultry product labels? If used, should they be the only units of measure -- or should they be combined with traditional English units. If combined -- how?

The meat and poultry industry has started to move to metrics.....usually in combination with English units of measurement on the meat and poultry products labels. The Food Safety and Quality Service of the U.S. Department of Agriculture would like you, the consumer, to answer these questions. Make your comments clear and brief and send them to the Hearing Clerk, U.S. Department of Agriculture, Washington, D.C. 20250. Comments will be accepted until September 5, 1977.

If metrics are going to be used on meat and poultry labels, USDA, wants to be sure that they will be used in a manner that confuses no one. Food Quality and Safety Service has the responsibility for insuring that every word, statement, or block of information appearing on meat and poultry product labels can be easily understood by consumers.

Table 2.--Cost of 20 grams of protein from specified meats and meat alternates at June prices.

Food	Market unit	Price per market unit <u>1/</u>	Part of market unit to give 20 grams of protein <u>2/</u>	Cost of 20 grams of protein
Dry beans.....	1b	\$0.41	.24	\$0.10
Peanut butter.....	12 oz	.75	.23	.17
Eggs, large.....	doz	.69	.25	.18
Beef liver.....	1b	.73	.24	.18
Bread, white enriched.....	1b	.35	.51	.18 <u>3/</u>
Hamburger.....	1b	.86	.24	.21
Chicken, whole, ready-to-cook....	1b	.60	.37	.22
Milk, whole fluid.....	half gal	.84	.29	.25 <u>4/</u>
Turkey, ready-to-cook.....	1b	.72	.35	.25
Pork, picnic.....	1b	.82	.32	.27
Chicken breasts.....	1b	1.13	.25	.29
Bean soup, canned.....	11.25 oz	.30	.98	.30
Tuna, canned.....	6.5 oz	.72	.44	.32
Chuck roast of beef, bone in.....	1b	.92	.35	.32
American process cheese.....	8 oz	.86	.38	.33
Ham, whole.....	1b	1.25	.29	.36
Round beefsteak.....	1b	1.75	.22	.38
Frankfurters.....	1b	1.19	.36	.43
Rump roast of beef, boned.....	1b	1.71	.26	.44
Pork loin roast.....	1b	1.34	.33	.45
Liverwurst.....	8 oz	.76	.60	.45
Salami.....	8 oz	.96	.50	.48
Ham, canned.....	1b	2.02	.24	.49
Sardines, canned.....	4 oz	.56	.94	.53
Sirloin beefsteak.....	1b	2.00	.28	.56
Bologna.....	8 oz	.81	.73	.59
Rib roast of beef.....	1b	1.82	.33	.60
Ocean perch, fillet, frozen.....	1b	1.68	.36	.61
Pork chops, center cut.....	1b	1.79	.35	.62
Haddock, fillet, frozen.....	1b	1.84	.35	.65
Veal cutlets.....	1b	3.15	.21	.67
Pork sausage.....	1b	1.41	.52	.73
Bacon, sliced.....	1b	1.56	.52	.82
Porterhouse beefsteak.....	1b	2.50	.34	.84
Lamb chops, loin.....	1b	3.07	.31	.94

1/ Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

2/ One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

3/ Bread and other grain products, such as pasta and rice, are frequently used with a small amount of meat, poultry, fish, or cheese as main dishes in economy meals. In this way the high quality protein in meat and cheese enhances the lower quality of protein in cereal products.

4/ Although milk is not used to replace meat in meals, it is an economical source of good quality protein.



## THE COST OF MEATS AND MEAT ALTERNATES

The meat, poultry, and fish items in meals usually cost the most. However, the range in costs of different types and cuts of meats is great, so careful selection may result in worthwhile savings.

Estimated costs of 3-ounce servings of cooked lean from selected types and cuts of meat and of poultry and fish are shown in table 1. The economy-minded shopper can replace some of the meats ordinarily used with alternates such as eggs, dry beans and peas, and peanut butter. These foods provide protein and other nutrients for which meat, poultry, and fish are valued. Cheese can also be used.

One way to find good buys among meats and meat alternates is to compare the costs of amounts of them that provide equal protein. Table 2 shows the cost of amounts of some meats and alternates required to give 20 grams of protein--one-third of the recommended allowance for a day for a 20-year-old man.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, chicken, turkey, or fish provides about 20 grams of protein or more. However, well over a serving of some meats and alternates is required: 10 slices of bacon, 3-1/2 frankfurters, 3 eggs, or 4-1/2 tablespoons of peanut butter, for example.

The U.S. average price and the part of a pound or other market unit required to provide a 3-ounce serving of cooked lean meat (table 1) or 20 grams of protein (table 2) are shown for each meat and meat alternate for which costs were compared. To figure a comparable cost using a different price, multiply the price by the part of a pound or market unit shown.

Table 1.--Cost of 3 ounces of cooked lean from specified meat, Poultry, and fish at June 1977 prices.

Food	Retail price per pound <sup>1/</sup>	Part of pound for 3 ounces of cooked lean	Cost of 3 ounces of cooked lean
Beef liver.....	\$ .73	.27	\$0.20
Hamburger.....	.86	.26	.22
Turkey, ready-to-cook.....	.72	.40	.29
Chicken, whole, ready-to-cook..	.60	.48	.29
Pork, picnic.....	.82	.46	.38
Chicken breasts	1.13	.35	.39
Chuck roast of beef, bone in...	.92	.45	.42
Ham, whole.....	1.25	.35	.44
Ocean perch, fillet, frozen....	1.68	.29	.49
Ham, canned.....	2.02	.25	.51
Haddock, fillet, frozen.....	1.84	.29	.53
Rump roast of beef, boned.....	1.71	.34	.58
Round beefsteak.....	1.75	.34	.59
Pork loin roast.....	1.34	.50	.67
Veal cutlets.....	3.15	.25	.79
Pork chops, center cut.....	1.79	.45	.81
Rib roast of beef.....	1.82	.45	.82
Sirloin beefsteak.....	2.00	.43	.86
Porterhouse beefsteak.....	2.50	.52	1.30
Lamb chops, loin.....	3.07	.46	1.41

<sup>1/</sup> Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

## CONSUMERS

## — AND THE MARKETPLACE

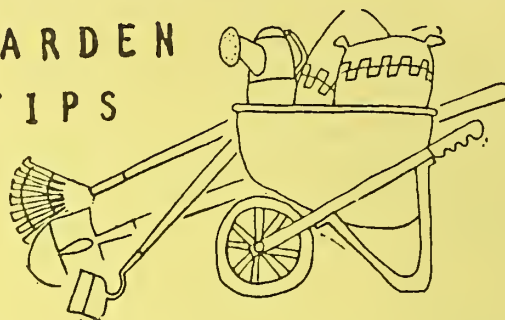
— Consumers spent an estimated \$164 billion for food originating on U.S. farms in 1976.

— When the food left the farm, these foods had a value of \$54 billion -- the marketing bill of \$110 billion was estimated for transporting, processing, and distributing these foods.

— The marketing bill\* was largest for fruits and vegetables and meat products in 1976, with each accounting for about one-fourth of the total bill.

— Marketing charges were the third highest for bakery products, accounting for 15 % of the total marketing bill.

\* (Marketing bill is the sum of charges made by various agencies or groups of firms including processors, wholesaler, retailers, and public eating places.)

GARDEN  
TIPS

Looking ahead to winter? You should have supports and other protection for newly planted trees, according to U.S. Department of Agriculture horticulturists.

\* \*

Did anyone ever tell you that it is very practical to cover the wires around a tree (that is staked and guyed) with an old rubber hose? Double protection...

\* \*

On holly trees...you need to have a male tree to pollinate the female holly trees in order to get well developed fruit.

\* \*

Always be on the alert for spider mites on ornamental and fruit trees. The leaves usually have sickly color and undersides look as if they have been dusted with fine white powder.

\* \*

It's wise to spray trees that you plan to move a few days beforehand with a wilt-preventive to reduce losses.

\* \*

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